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Can I Add Workouts for Specific Positions? (forwards, defensemen, goalies, prospects, etc.)



Michael Gallivan a few seconds ago · Updated

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Yes!

In the event you would like to assign your program to a specific position within the system, you can use the updated athlete filtering in **CoachMePlus** to filter by any existing positions in the system and select to assign to any athletes assigned that position.

Please watch the following walkthrough video on this process:



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As shown in the video, this feature allows you to easily assign programs to a particular group without having to search through a much larger team or training group. This article will guide you through the process of filtering your athletes by position.

Step-by-step How to:

Step 1: Before assignment, ensure you have positions built in the system and that they are assigned to athletes. This is a custom addition that you can contact your support person to get going. Once a position is built, it needs to have athletes assigned to it for it to populate as an option in the assignment menu.

Step 2: Build your program and click on the assignment button:

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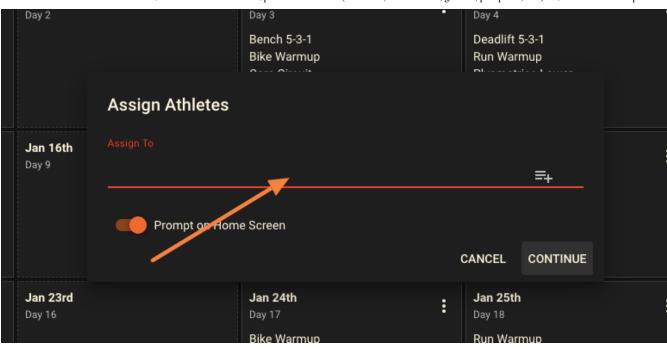
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2 ≎	Jan 15th Day 8 : Dynamic Warmup 1 5-3-1 Core Stability	Jan 16th Day 9	Jan 17th Day 10 Bike Warmup Bench 5-3-1 Core Circuit	Jan 18th Day 11 E Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Jan 19th Day 12 E Da Plyometrics Upper Military Press 5-3-1 Med Ball Core
3	Jan 22nd Day 15 Dynamic Warmup 1 5-3-1 Core Stability	Jan 23rd Day 16	Jan 24th Day 17 E Bike Warmup Bench 5-3-1 Core Circuit	Jan 25th Day 18 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Jan 26th Day 19 Plyometrics Upper Military Press 5-3-1 Med Ball Core
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Step 3: Click on the add athletes button, then click on the line of the next dialogue box to bring up the athlete selection screen:

		Bench 5-3-1 Bike Warmup Core Circuit		Deadlift 5-3-1 Run Warmup Plyometrics Lower Core	
Jan 16th	Assigned To			" ▶ +	:
Day 9		No athletes assigned		CLOSE	·
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Jan 23rd Day 16		Jan 24th Day 17	:	Jan 25th Day 18	:
		Bike Warmun		Run Warmun	

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Step 4: Select the **Position** filter and select the position you wish to assign to:

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Arnold, Phillip			Position CLEAR
Berry, Jeffrey		_ 1	-
Bishop, Kelly			1
Bryant, Kimberly			
Burke, Randy			
Burrows, Lincoln			'
Carter, Donald			
Chambers, Evan			
Chavez, Tina			
Cole, Brian			
Collins, Gary			
Dawidowicz, Kevin			

Step 5: Here, you can either choose to **Select All Visible** to assign the program to everyone that has been assigned your selected position, or you can select individual athletes from this list and select **DONE.**

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Hayes, Jack										
Kennedy, Frank										
King, Billy										
Lane, Walter										
Lewis, Christopher										

Step 6: Select continue and choose an assignment date as normal, and select **Assign** as usual and you are all set! You have just assigned a program to a specific position.

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